

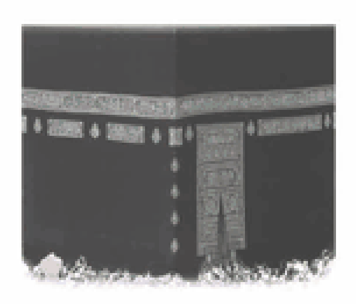


Al-Mu'awwadhāt

Supplications for Safety & Refuge from Calamities

Compiled by Shaykh-al-Hadith
Shaykh Mawlānā Muhammad Saleem Dhorat
hafizahullah





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Shaykh Mawlānā Muhammad Saleem Dhorat
ḥafiẓahullāh



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Foreword

Allāh ﷻ created human beings and sent them into this world for a limited period of time. He then made the world a place of trials, creating occasions of happiness and sadness, circumstances of comfort and pain, and situations of serenity and anxiety, in order to test His servants for their gratitude and patience.

Upon completion of this life full of tests, each individual experiences death, which is the doorway to the grave. The grave is the first stage of the everlasting life of the Ākhirah, where the results of those worldly tests are manifested. For some, this first stage will be a garden from the gardens of Paradise; for others it will be a pit from the pits of Hell. After the grave come all the other stages of the Hereafter: Resurrection, Reckoning, the Bridge of Ṣirāt and finally Jannah or Jahannam.

During the long journey that starts with entry into this world and culminates with either Jannah or

Jahannam, man faces many dangers and has to navigate many treacherous terrains. There is only one place of refuge and sanctuary from these perils, and that is with his Creator, Allāh ﷻ, the Cherisher of the Worlds. Through His sheer Grace and Mercy, Allāh ﷻ has frequently prompted us to seek refuge with Him as a way of saving ourselves from every type of danger and difficulty. Furthermore, He has shown us how to practically do this through His beloved Messenger ﷺ.

It is established through the treasure trove of aḥādīth that the Messenger ﷺ sought refuge from many things. Every word and action of the Messenger ﷺ came into being through the command of Allāh ﷻ, therefore we can definitely say that the supplications made by the Messenger ﷺ were taught to him by Allāh ﷻ Himself. Allāh ﷻ is Al-'Alīm (the All-Knowing) and Al-Khabīr (the All-Aware); nothing in existence is hidden from Him and He is well aware of every particle of the universe. So it is not hard to understand the severity of those things from which Allāh ﷻ himself instructed his beloved ﷺ to seek refuge.

For this reason I, through the tawfīq of Allāh ﷻ,

desired that the supplications for refuge found in the Qur’ān, Aṣ-Ṣiḥaḥ As-Sittah, Mu’waṭṭā Al-Imām Mālik, and Musnad Al-Imām Aḥmad be collected in one place and arranged in seven sections, to provide the reader with an easy method to read them with regularity. Through the Mercy and Grace of Allāh ﷾ this desire was blessed with acceptance and upon my request my beloved student Muftī Ismail Bhayat – may Allāh ﷾ increase him in ‘ilm and ‘amal – accomplished this humble one’s purpose and gathered all these supplications in one place, and also translated them into lucid English. After this humble one’s initial edit, he, together with his colleagues Mawlānā Sulayman Bhula, Mawlānā Muhammad Chothia, Mawlānā Anees Bhayat and Mawlānā Zaheer Kharodia – may Allāh ﷾ preserve them - drove this project to completion, under this humble one’s guidance and supervision.

Alḥamdulillāh, it is now ready for publication after this humble one’s final editing and a thorough review in the blessed city of Makkah Al-Mukarramah. May Allāh ﷾ accept this humble effort and the efforts of these beloved students of mine, and all those who helped in any way. May Allāh ﷾ make this publication a means of salvation for this humble servant, and a means of protection for all who read it from every

difficulty and affliction, both in this world and the Hereafter. Āmīn.

How the Supplications are Arranged

1. The book begins with the section *Al-Mu'awwadhāt from the Qur'ān*. This section starts with:
    a) Sūrah Al-Fātiḥah as ḥamd,
    b) Ṣalāt 'alan Nabī ﷺ,
    c) Two supplications from the aḥādīth that guarantee acceptance,
    d) A formula of istighfār from the Glorious Qur'ān.

    These are followed by the Mu'awwadhāt from the Qur'ān. This section is to be read daily.

2. Thereafter the book is divided into seven sections for easy daily reading. Each of the seven sections starts with:
    a) One formula of ḥamd (Divine praise) from the Qur'ān,
    b) One formula of ṣalāt & salām from the aḥādīth,
    c) One formula of istighfār from the Qur'ān,

3. The book ends with a section of concluding du‘ās, which is also to be read daily.
4. The supplications for refuge are taken from Aṣ-Ṣiḥaḥ As-Sittah, Mu’waṭṭā Al-Imām Mālik and Musnad Al-Imām Aḥmad.

How to Read this Book

1. If possible, read the complete book daily.
2. If not, read one section daily.
3. On auspicious days and nights and in blessed places read the complete book.
4. Try to study the translation to familiarise yourself with the supplications.
5. Do not read inattentively, or out of habit alone; read with full attention and concentration, with a sense of need and awareness that you are beseeching the Almighty.
6. If you are able to, then shed tears while reading; otherwise at least adopt the appearance of crying.
7. Remember that du‘ā - supplication to Allāh ﷻ - is a very great form of ‘ibādah. So as well as reading with the intention of beseeching Allāh

ﷻ for refuge and the fulfilment of your needs, also read with the intention of ‘ibādah.

This humble servant makes an earnest appeal from the heart to all brothers and sisters to be conscientious about reading these supplications regularly. “The most beloved deeds to Allāh ﷻ are those done with continuity, though they be small.”(Al-Bukhārī). And it is hoped from the mercy of Allāh that the reciter will be granted acceptance, and he/she will be saved from all afflictions and difficulties of this world and the Hereafter.

I humbly request all to supplicate for me, my parents, mashāikh, teachers, associates, well-wishers, all who participated in the production of this book and the Ummah.

May Allāh ﷻ bless us all with an abundance of tawfīq from Him.

(Shaykh Mawlānā) Muhammad Saleem Dhorat
Jumādā Al-Ūlā 1433 /April 2012
Makkah Al-Mukarramah

Important Notes

1) This book has been divided into seven sections, each to be recited on its respective day of the week.

Daily:

(a) Read *Al-Mu'awwadhāt from the Qur'ān* (highlighted pages, 2-11);

(b) Read the relevant section for the corresponding day of the week;

(c) Read the *Concluding Du'ās* (highlighted pages, 86-89)

If you choose to recite the complete book, read *Al-Mu'awwadhāt from the Qur'ān* (highlighted pages) once only, at the start. Similarly, read the *Concluding Du'ās* (highlighted pages) only once, at the end of recital.

2) If possible, read the complete book daily. If not, then read the whole book during auspicious days, nights and places, so that you are able to acquire the benefits of all the supplications during these blessed occasions.

بسم الله الرحمن الرحيم

المعوذات من القرآن

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ، اَلرَّحْمٰنِ الرَّحِيْمِ ، مٰلِكِ
يَوْمِ الدِّيْنِ، إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِيْنُ، اِهْدِنَا
الصِّرَاطَ الْمُسْتَقِيْمَ ، صِرَاطَ الَّذِيْنَ أَنْعَمْتَ
عَلَيْهِمْ ، غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّآلِّيْنَ، آمِيْنَ
(الفاتحة ١)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ مُحَمَّدٍ، كَمَا
صَلَّيْتَ عَلٰى إِبْرَاهِيْمَ وَعَلٰى اٰلِ إِبْرَاهِيْمَ ، إِنَّكَ
حَمِيْدٌ مَّجِيْدٌ، اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ

In the name of Allāh,
the Most Beneficient, the Most Merciful

Al-Mu‘awwadhāt from the Qur’ān

All praise is for Allāh, Cherisher of the worlds, the Most Beneficent, the Most Merciful, Master of the Day of Judgement. You alone do we worship, and You alone do we turn to for help. Guide us on the straight path, the path of those upon whom You have bestowed Your favour, not of those who have incurred Your wrath, nor of those who are astray. Āmīn. (1:1-7)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent Your Special Mercy upon Ibrāhīm عليه السلام and upon the family of Ibrāhīm عليه السلام. Indeed, You are Praised, Exalted. O Allāh, send blessings upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent blessings upon Ibrāhīm عليه السلام and

مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ (رواه البخاري)

اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ بِأَنَّ لَكَ الْحَمْدَ، لَا إِلٰهَ إِلاَّ أَنْتَ الْحَنَّانُ، بَدِيْعَ السَّمَاوَاتِ وَالْأَرْضِ، ذَا الْجَلَالِ وَالْإِكْرَامِ، يَا حَيُّ يَا قَيُّوْمُ، إِنِّيْ أَسْأَلُكَ (رواه أحمد)

يَا أَرْحَمَ الرَّاحِمِيْنَ، يَا أَرْحَمَ الرَّاحِمِيْنَ، يَا أَرْحَمَ الرَّاحِمِيْنَ (رواه الحاكم)

رَبَّنَا ظَلَمْنَآ أَنْفُسَنَا، وَإِنْ لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُوْنَنَّ مِنَ الْخٰسِرِيْنَ (الأعراف ٧:٢٣)

upon the family of Ibrāhīm ﷺ. Indeed, You are Praised, Exalted.

O Allāh, I ask You through the medium of all praise being due to You - there is no deity but You - the Affectionate, the Originator of the Heavens and the Earth, the Owner of Majesty and Honour. O the Living, the Sustainer (of all), I ask of You...[1]

O the Most Merciful of the merciful, O the Most Merciful of the merciful, O the Most Merciful of the merciful.[2]

Our Rabb, we have wronged ourselves, and if You do not forgive us and have mercy on us, we will indeed be among the losers. (7:23)

[1] Rasūlullāh ﷺ heard a ṣaḥābī ؓ pray this du‘ā and commented that this person had called out to Allāh with *Al-Ism Al-A‘ẓam*, by which if He is called, He responds. (Aḥmad)

[2] Rasūlullāh ﷺ said, "Allāh has appointed an angel over the one who says 'Yā Arḥamar Rāḥimīn'. Whoever says it thrice, the angel says, 'Verily Arḥamur Rāḥimīn has turned towards you, so ask.'"

Rasūlullāh ﷺ also passed by a companion ؓ who said, "Yā Arḥamar Rāḥimīn," to which Rasūlullāh ﷺ said, "Ask (Allāh), for He has turned towards you." (Al-Ḥākim)

١ أَعُوذُ بِاللَّهِ أَنْ أَكُونَ مِنَ الْجَٰهِلِينَ (البقرة ٢:٦٧)

٢ رَبِّ إِنِّيٓ أَعُوذُ بِكَ أَنْ أَسْـَٔلَكَ مَا لَيْسَ لِي بِهِۦ
عِلْمٌ ، وَإِلَّا تَغْفِرْ لِي وَتَرْحَمْنِيٓ أَكُن مِّنَ الْخَٰسِرِينَ
(الهود ١١:٤٧)

٣ إِنِّيٓ أَعُوذُ بِالرَّحْمَٰنِ (مريم ١٩:١٨)

٤ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَٰتِ الشَّيَٰطِينِ ، وَأَعُوذُ
بِكَ رَبِّ أَن يَحْضُرُونِ (المؤمنون ٢٣:٩٨-٩٧)

٥ إِنِّي عُذْتُ بِرَبِّي وَرَبِّكُم مِّن كُلِّ مُتَكَبِّرٍ لَّا
يُؤْمِنُ بِيَوْمِ الْحِسَابِ (الغافر ٤٠:٢٧)

٦ قُلْ يَٰٓأَيُّهَا الْكَٰفِرُونَ ، لَآ أَعْبُدُ مَا تَعْبُدُونَ ،

1. I seek refuge with Allāh from being among the ignorant. (2:67)

2. My Rabb, I seek refuge with You from asking You for something of which I have no knowledge. If You do not forgive me and have mercy on me, I will be among the losers. (11:47)

3. I seek refuge with the All-Merciful (Allāh). (19:18)

4. My Rabb, I seek refuge with You from the goadings of the shayāṭīn (devils). And I seek refuge with You, my Rabb, from their even coming near me. (23:97-98)

5. I have taken refuge with my Rabb and your Rabb from every arrogant person who does not believe in the Day of Reckoning. (40:27)

6. Say, “O disbelievers, I do not worship what you worship, nor do you worship Whom I

وَلَآ أَنْتُمْ عٰبِدُوْنَ مَآ أَعْبُدُ، وَلَآ أَنَاْ عَابِدٌ مَّا

عَبَدْتُّمْ، وَلَآ أَنْتُمْ عٰبِدُوْنَ مَآ أَعْبُدُ، لَكُمْ

دِيْنُكُمْ وَلِيَ دِيْنِ (الكافرون ١٠٩)

٧ قُلْ هُوَ اللّٰهُ أَحَدٌ، اَللّٰهُ الصَّمَدُ، لَمْ يَلِدْ وَلَمْ

يُوْلَدْ، وَلَمْ يَكُنْ لَّهُ كُفُوًا أَحَدٌ (الإخلاص ١١٢)

اَللّٰهُمَّ مَا أَصْبَحَ بِيْ مِنْ نِّعْمَةٍ فَمِنْكَ وَحْدَكَ لَا

شَرِيْكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

(رواه أبو داؤد)

O Allāh! All blessings I have witnessed the morning with are from You; You are alone and have no partner. For You alone is due all praise and gratitude.

Rasūlullāh ﷺ said that whoever recites this in the morning has indeed shown gratitude for his day, and whoever recites it in the evening (replacing أَصْبَحَ with أَمْسٰى) has indeed shown gratitude for his night.

worship. And neither will I worship what you have worshipped, nor will you worship Whom I worship. For you is your faith, and for me, my faith." (109)[3]

7. Say, "Allāh is the One and Unique. Allāh is the One all are in need of and Who is in need of none. He neither begot, nor was He begotten. And there is none equal to Him." (112)[4]

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[3] In this book Sūrah Al-Kāfirūn has been included among the verses of ist‘iādhah based on the following commentary: "The term 'Al-Mu‘awwadhāt' (plural form) either (a) means Al-Mu‘awwadhatayn (the dual form referring to the last two Sūrahs of the Qur'ān), on the basis of two being the lowest number to constitute the plural; (b) is the plural, and refers to the number of verses; (c) incorporates Al-Mu‘awwadhatayn and Sūrah Al-Ikhlāṣ by way of *taghlīb* (including a minority in the majority), and this is the reliable opinion. In some opinions *Sūrah Al-Kāfirūn* is also included; (d) means the words by which refuge is sought (hence the plural)." (Ḥaḍrat Mawlānā Aḥmad ‘Alī Sahāranpūrī, *Footnotes on Ṣaḥīḥ Al-Bukhārī*)

[4] When retiring to bed Rasūlullāh ﷺ would recite this sūrah together with Sūrah-Al-Falaq and Sūrah-An-Nās; thereafter, he would blow spittle in his palms and pass them over his face and wherever his hands would reach on his body. (Al-Bukhārī) Rasūlullāh ﷺ said, "Recite 'Qul huwallāhu Aḥad', Sūrah-Al-Falaq and Sūrah-An-Nās thrice at night and thrice in the morning, they will suffice you from everything." (Abū Dāwūd)

٨ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ، مِنْ شَرِّ مَا خَلَقَ، وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ، وَمِنْ شَرِّ النَّفّٰثٰتِ فِي الْعُقَدِ، وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (الفلق ١١٣)

٩ قُلْ أَعُوذُ بِرَبِّ النَّاسِ، مَلِكِ النَّاسِ، إِلٰهِ النَّاسِ، مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ، اَلَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ، مِنَ الْجِنَّةِ وَالنَّاسِ
(الناس ١١٤)

سُبْحَانَ اللهِ الْعَظِيْمِ وَبِحَمْدِهِ (رواه أحمد)

I glorify Allāh, the Mighty, and I praise Him.

Rasūlullāh ﷺ advised an elderly Ṣaḥābī ؓ that if he prayed this 3 times after Fajr, he would be granted safety from blindness, leprosy and paralysis.

8. Say, “I seek refuge with the Rabb of the daybreak from the evil of everything He has created, and from the evil of the dark night when it intensifies, and from the evil of the women who blow on knots, and from the evil of an envier when he envies.” (113)

9. Say, “I seek refuge with the Rabb of mankind, the King of mankind, the (true) Deity of mankind, from the evil of the whisperer who withdraws (when Allāh’s name is pronounced), who whispers in the hearts of mankind, whether (the whisperer be) from the jinn or mankind.”(114)

أَسْأَلُ اللّٰهَ الْعَظِيمَ، رَبَّ الْعَرْشِ الْعَظِيمِ،

أَنْ يَّشْفِيَكَ (رواه أبو داؤد)

I ask Allāh the Mighty, the Rabb of the Mighty Throne, that He cure you.

Rasūlullāh ﷺ said that whoever visits a sick person and prays this 7 times, Allāh ﷻ will cure him of that sickness.

بسم الله الرحمن الرحيم

يوم الجمعة

وَهُوَ اللّٰهُ لَآ إِلٰهَ إِلَّا هُوَ، لَهُ الْحَمْدُ فِي الْأُولٰى

وَالْاٰخِرَةِ، وَلَهُ الْحُكْمُ وَإِلَيْهِ تُرْجَعُوْنَ (القصص ٢٨: ٧٠)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ مُحَمَّدٍ، كَمَا

صَلَّيْتَ عَلٰى اٰلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ،

اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ مُحَمَّدٍ، كَمَا

بَارَكْتَ عَلٰى اٰلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ

(رواه البخاري)

رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا، وَكَفِّرْ عَنَّا سَيِّاٰتِنَا، وَتَوَفَّنَا

مَعَ الْأَبْرَارِ، رَبَّنَا وَاٰتِنَا مَا وَعَدْتَّنَا عَلٰى رُسُلِكَ، وَلَا

In the name of Allāh,
the Most Beneficient, the Most Merciful

Friday

He is Allāh: there is no deity but He. All Praise is only for Him, in this world and the Hereafter, and His alone is the Decision, and to Him will you be returned. (28:70)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent Your Special Mercy upon the family of Ibrāhīm ؑ. Indeed You are Praised, Exalted. O Allāh, send blessings upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent blessings upon the family of Ibrāhīm ؑ. Indeed You are Praised, Exalted.

Our Rabb, forgive us our sins, and remove our evil deeds from us, and grant us death as one of the righteous. Our Rabb, give us what You have

تُخْزِنَا يَوْمَ الْقِيٰمَةِ، إِنَّكَ لَا تُخْلِفُ الْمِيْعَادَ

(آل عمرٰن ٣:٤-١٩٣)

١ سُبْحَانَكَ اللّٰهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالٰى جَدُّكَ، وَلَا إِلٰهَ غَيْرُكَ. لَا إِلٰهَ إِلَّا اللّٰهُ، لَا إِلٰهَ إِلَّا اللّٰهُ، لَا إِلٰهَ إِلَّا اللّٰهُ، اَللّٰهُ أَكْبَرُ كَبِيْرًا، اَللّٰهُ أَكْبَرُ كَبِيْرًا، اَللّٰهُ أَكْبَرُ كَبِيْرًا، أَعُوْذُ بِاللّٰهِ السَّمِيْعِ الْعَلِيْمِ مِنَ الشَّيْطَانِ الرَّجِيْمِ، مِنْ هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ (رواه أبو داؤد)

٢ أَعُوْذُ بِكَلِمَاتِ اللّٰهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

(رواه مسلم)

promised us through Your Messengers, and do not disgrace us on the Day of Judgement. Surely You do not go back on Your promise. (3:193-4)

1. O Allāh, You are pure from all imperfections, and for You is all praise; blessed is Your Name and exalted is Your Majesty; there is no deity but You. There is no deity but Allāh, there is no deity but Allāh, there is no deity but Allāh. Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. I seek refuge with Allāh, the All-Hearing, the All-Knowing, from Shayṭān the accursed; from his goading (insanity), his blowing (pride) and his blowing out spittle (evil poetry).

2. I seek refuge with the complete words of Allāh from the evil of all that He has created.[5]

[5] If this du‘ā is recited thrice at night, or after dismounting during a journey, no creature will harm the reader during the night or until he gets back on his mount. (Muslim, At-Tirmidhī)

٣ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْفَقْرِ، وَأَعُوْذُ بِكَ مِنَ الْقِلَّةِ وَالذِّلَّةِ، وَأَعُوْذُ بِكَ أَنْ أَظْلِمَ أَوْ أُظْلَمَ

(رواه النسائي)

٤ أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ (رواه البخاري)

٥ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْجُوْعِ، فَإِنَّهُ بِئْسَ الضَّجِيْعُ، وَأَعُوْذُ بِكَ مِنَ الْخِيَانَةِ، فَإِنَّهَا بِئْسَتِ الْبِطَانَةُ (رواه أبو داؤد)

٦ اَلْحَمْدُ لِلّٰهِ الَّذِيْ كَفَانِيْ وَآوَانِيْ، وَأَطْعَمَنِيْ وَسَقَانِيْ، وَالَّذِيْ مَنَّ عَلَيَّ فَأَفْضَلَ، وَالَّذِيْ أَعْطَانِيْ فَأَجْزَلَ، اَلْحَمْدُ لِلّٰهِ عَلٰى كُلِّ حَالٍ، اَللّٰهُمَّ

3. O Allāh, I seek refuge with You from poverty, and I seek refuge with You from having very few good actions, and from disgrace. And I seek refuge with You from oppressing (anyone) or being oppressed.

4. I seek refuge with Allāh from Shayṭān the accursed.

5. O Allāh, I seek refuge with You from hunger, for it is such a miserable bedfellow. And I seek refuge with You from disloyalty (to You), for it is such a miserable confidant.

6. All praise is for Allāh, Who has sufficed me, sheltered me, fed me and given me drink; (the One) Who has conferred favours on me and been extremely gracious, and Who has given to me and given in abundance. All praise is for Allāh in every circumstance. O Allāh, the Cherisher

رَبَّ كُلِّ شَيْءٍ وَّمَلِيْكَهُ، وَإِلٰهَ كُلِّ شَيْءٍ، أَعُوْذُ بِكَ مِنَ النَّارِ (رواه أبو داؤد)

٧ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ شَرِّ سَمْعِيْ، وَمِنْ شَرِّ بَصَرِيْ، وَمِنْ شَرِّ لِسَانِيْ، وَمِنْ شَرِّ قَلْبِيْ، وَمِنْ شَرِّ مَنِيِّيْ (رواه الترمذي)

٨ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِرِضَاكَ مِنْ سَخَطِكَ، وَأَعُوْذُ بِمُعَافَاتِكَ مِنْ عُقُوْبَتِكَ، وَأَعُوْذُ بِكَ مِنْكَ، لَا أُحْصِيْ ثَنَاءً عَلَيْكَ، أَنْتَ كَمَا أَثْنَيْتَ عَلٰى نَفْسِكَ (رواه الترمذي)

and (absolute) Sovereign of everything and the Deity of everything, I seek refuge with You from the Fire.[6]

7. O Allāh, I seek refuge with You from the evil of my ears, my eyes, my tongue, my heart and my private parts.

8. O Allāh, I seek refuge in Your pleasure from Your displeasure. And I seek refuge in Your complete pardon from Your punishment. And I seek refuge with You from You. I am unable to enumerate (even a little of) Your praise: Your befitting praise is (only) Your praise of Yourself.

[6] Rasūlullāh ﷺ would read this du'ā before retiring to bed. (Abū Dāwūd)

٩ اَللّٰهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ، وَنَعُوْذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ، وَأَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاغُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ (رواه الترمذي)

اَلْحَمْدُ لِلّٰهِ الَّذِيْ عَافَانِيْ مِمَّا ابْتَلَاكَ بِهِ، وَفَضَّلَنِيْ عَلٰى كَثِيْرٍ مِّمَّنْ خَلَقَ تَفْضِيْلًا (رواه الترمذي)

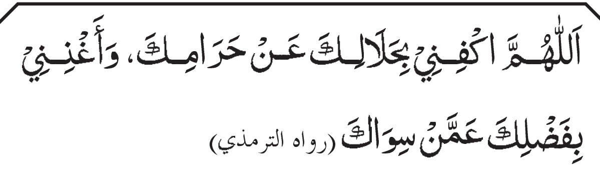
All praise is for Allāh, who has protected me from what He has afflicted you with, and has greatly favoured me over many of His creation.

Rasūlullāh ﷺ said that whoever prays this when seeing someone suffering from any affliction (be it an illness, hardship or even sin) will be protected from the same affliction for as long as he lives. Imām Abū Ja'far Al-Bāqir رحمه الله advised not to recite it aloud in the presence of the afflicted; rather, one should recite it silently.

9. O Allāh, we ask You for all the good that Your Messenger Muḥammad ﷺ asked You for, and we seek refuge with You from all the evils that Your Messenger Muḥammad ﷺ sought refuge from. You are the only one who can be turned to for help, and only You can convey us to the objective. There is no power (to do good deeds) or ability (to avoid evil deeds) except with the help of Allāh.[7]

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[7] Abū Umāmah ؓ addressed Rasūlullāh ﷺ saying, “O Messenger of Allāh, you have supplicated by means of many du‘ās which we cannot remember.” Rasūlullāh ﷺ said, “Shall I not guide you to that which encompasses all of them?” He then taught him this du‘ā. (At-Tirmidhī)


اَللّٰهُمَّ اكْفِنِيْ بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِيْ

بِفَضْلِكَ عَمَّنْ سِوَاكَ (رواه الترمذي)

O Allāh, save me from ḥarām by making me suffice with what is ḥalāl, and through Your Grace, make me independent of everyone other than You.

This du‘ā was taught by Rasūlullāh ﷺ for assistance in the repayment of a debt, even if the debt is equal to a mountain.

بسم الله الرحمن الرحيم

يوم السبت

اَلْحَمْدُ لِلّٰهِ الَّذِيْ خَلَقَ السَّمٰوٰتِ وَالْأَرْضَ وَجَعَلَ الظُّلُمٰتِ وَالنُّوْرَ، ثُمَّ الَّذِيْنَ كَفَرُوْا بِرَبِّهِمْ يَعْدِلُوْنَ (الأنعام ٦:١)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا صَلَّيْتَ عَلٰى اٰلِ إِبْرَاهِيْمَ، وَبَارِكْ عَلٰى مُحَمَّدٍ وَّأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلٰى اٰلِ إِبْرَاهِيْمَ، إِنَّكَ حَمِيْدٌ مَّجِيْدٌ (رواه البخاري)

رَبَّنَا لَا تُؤَاخِذْنَآ إِنْ نَّسِيْنَآ أَوْ أَخْطَأْنَا، رَبَّنَا وَلَا

In the name of Allāh,
the Most Beneficient, the Most Merciful

Saturday

All praise is for Allāh who created the heavens and the earth, and made darkness and light; yet those who disbelieve hold others equal to their Rabb. (6:1)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon his wives and progeny, just as You sent Your Special Mercy upon the family of Ibrāhīm عليه السلام. And send blessings upon Muḥammad ﷺ and upon his wives and progeny, just as You sent blessings upon the family of Ibrāhīm عليه السلام. Indeed You are Praised, Exalted.

Our Rabb, do not punish us if we forget or make a mistake. Our Rabb, do not place on us a burden

تَحْمِلْ عَلَيْنَآ إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِيْنَ مِنْ قَبْلِنَا، رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهٖ، وَاعْفُ عَنَّا وَاغْفِرْ لَنَا، وَارْحَمْنَا، أَنْتَ مَوْلٰنَا فَانْصُرْنَا عَلَى الْقَوْمِ الْكٰفِرِيْنَ (البقرة ٢:٢٨٦)

١ بِسْمِ اللهِ الْكَبِيْرِ، أَعُوْذُ بِاللهِ الْعَظِيْمِ، مِنْ شَرِّ كُلِّ عِرْقٍ نَعَّارٍ، وَمِنْ شَرِّ حَرِّ النَّارِ (رواه الترمذي)

٢ أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلّٰهِ رَبِّ الْعَالَمِيْنَ، اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ خَيْرَ هٰذَا الْيَوْمِ، فَتْحَهُ وَنَصْرَهُ وَنُوْرَهُ وَبَرَكَتَهُ وَهُدَاهُ، وَأَعُوْذُ بِكَ مِنْ شَرِّ مَا فِيْهِ وَشَرِّ مَا بَعْدَهُ (رواه أبو داؤد)

such as You placed on those before us. And our Rabb, do not make us bear a burden that we do not have the strength to bear. And pardon us, and forgive us, and have mercy on us. You are our Rabb, so help us against the disbelieving people. (2:286)

1. In the name of Allāh, the Great, I seek refuge with Allāh the Mighty from the evil of every gushing vein and the evil of the heat of the Fire.[8]

2. We have entered the morning and Sovereignty has entered the morning being only for Allāh, Cherisher of the Worlds. O Allāh, I ask You for the goodness of this day: its success, its assistance, its light, its blessing and its guidance. And I seek refuge with You from the evil within it and the evil of what is after it.

[8] Rasūlullāh ﷺ would teach this du‘ā for the cure of fever and all pains. (At-Tirmidhī)

٣ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْكَسَلِ وَالْهَرَمِ، وَالْمَأْثَمِ وَالْمَغْرَمِ، وَمِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ النَّارِ وَعَذَابِ النَّارِ، وَمِنْ شَرِّ فِتْنَةِ الْغِنٰى، وَأَعُوْذُ بِكَ مِنْ فِتْنَةِ الْفَقْرِ، وَأَعُوْذُ بِكَ مِنْ فِتْنَةِ الْمَسِيْحِ الدَّجَّالِ، اَللّٰهُمَّ اغْسِلْ عَنِّيْ خَطَايَايَ بِمَاءِ الثَّلْجِ وَالْبَرَدِ، وَنَقِّ قَلْبِيْ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ، وَبَاعِدْ بَيْنِيْ وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَّ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ (رواه البخاري)

3. O Allāh, I seek refuge with You from laziness, the incapacities of old age, sin, debt, the trial and punishment of the grave, the trial and punishment of the Fire, and from the evil of the trial of affluence. And I seek refuge with You from the trial of poverty. And I seek refuge with You from the trial of Al-Masīḥ Ad-Dajjāl. O Allāh, wash away my sins with the water of snow and hail; and cleanse my heart of sins as You cause white cloth to be cleansed of dirt; and distance me from my sins as You have distanced the east from the west.

أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ ، وَاشْفِ أَنْتَ الشَّافِي ، لَا شِفَاءَ إِلَّا شِفَاؤُكَ ، شِفَاءً لَّا يُغَادِرُ سَقَمًا

(رواه البخاري)

Remove the affliction, O Rabb of mankind, and grant cure; there is no cure but Your cure, cure that leaves no sickness at all.

Rasūlullāh ﷺ would pray this over the sick.

٤ أَعُوذُ بِاللهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

(رواه مسلم)

٥ اَللّٰهُمَّ إِنِّيْ أَعُوذُ بِكَ مِنَ الشِّقَاقِ وَالنِّفَاقِ وَسُوْءِ الْأَخْلَاقِ (رواه النسائي)

٦ اَللّٰهُمَّ أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ، أَوْ أَزِلَّ أَوْ أُزَلَّ، أَوْ أَظْلِمَ أَوْ أُظْلَمَ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ (رواه أبو داؤد)

٧ اَللّٰهُمَّ إِنِّيْ أَعُوذُ بِكَ مِنَ الْبُخْلِ وَالْجُبْنِ، وَأَعُوذُ بِكَ مِنْ سُوءِ الْعُمُرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الصَّدْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ (رواه النسائي)

4. I seek refuge in Allāh and His Might from the evil of what I am experiencing and of what I fear.[9]

5. O Allāh, I seek refuge with You from opposing (the truth), hypocrisy and bad character.

6. O Allāh, I seek refuge with You from going astray or being led astray, from faltering or being made to falter, from oppressing or being oppressed or from behaving ignorantly or being treated with ignorance.

7. O Allāh, I seek refuge with You from miserliness and cowardliness. And I seek refuge with You from the worst part of age. And I seek refuge with You from the trials of the heart. And I

[9] When any pain occurs in the body, you should place your right hand on the place of the pain and recite ‘Bismillāh’ thrice, and thereafter read this du‘ā seven times. (Muslim)

٨ اَللّٰهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اَللّٰهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الضُّبْنَةِ فِي السَّفَرِ، وَالْكَآبَةِ فِي الْمُنْقَلَبِ، اَللّٰهُمَّ اطْوِ لَنَا الْأَرْضَ، وَهَوِّنْ عَلَيْنَا السَّفَرَ (رواه أحمد)

٩ أَعُوذُ بِوَجْهِ اللهِ الْعَظِيمِ الَّذِي لَيْسَ شَيْءٌ أَعْظَمَ مِنْهُ، وَبِكَلِمَاتِ اللهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَّلَا فَاجِرٌ، وَبِأَسْمَاءِ اللهِ الْحُسْنٰى كُلِّهَا، مَا عَلِمْتُ مِنْهَا وَمَا لَمْ أَعْلَمْ، مِنْ شَرِّ مَا خَلَقَ وَذَرَأَ وَبَرَأَ (رواه مالك)

seek refuge with You from the punishment of the grave.

8. O Allāh, You are my companion during my journey and the custodian of my family (in my absence). O Allāh, I seek refuge with You from burdensome companions whilst travelling, and (from) distress upon (my) return. O Allāh, roll up the earth for us (that we may cover it quickly) and ease the journey for us.[10]

9. I seek refuge in the Mighty being of Allāh, greater than Whom there is nothing, and (I seek refuge) in the complete words of Allāh (the knowledge of) which no righteous person or transgressor can surpass, and (I seek refuge) in all the beautiful names of Allāh, those which I know and those I do not know, from the evil of what He has created, spread and originated.[11]

[10] Rasūlullāh ﷺ would read this du'ā when setting out on a journey. (Aḥmad)

[11] Ka'b Al-Aḥbār ؓ would read this du'ā for safety from black magic. (Mu'waṭṭā Mālik)

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

يوم الأحد

اَلۡحَمۡدُ لِلّٰهِ الَّذِيۡ لَمۡ يَتَّخِذۡ وَلَدًا وَّلَمۡ يَكُنۡ لَّهٗ شَرِيۡكٌ فِي الۡمُلۡكِ وَلَمۡ يَكُنۡ لَّهٗ وَلِيٌّ مِّنَ الذُّلِّ وَكَبِّرۡهُ تَكۡبِيۡرًا (الإسراء ١٧:١١١)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ مُحَمَّدٍ، كَمَا صَلَّيۡتَ عَلٰى اٰلِ إِبۡرَاهِيۡمَ، وَبَارِكۡ عَلٰى مُحَمَّدٍ وَّعَلٰى اٰلِ مُحَمَّدٍ، كَمَا بَارَكۡتَ عَلٰى اٰلِ إِبۡرَاهِيۡمَ فِي الۡعَالَمِيۡنَ، إِنَّكَ حَمِيۡدٌ مَّجِيۡدٌ (رواه مسلم)

رَبِّ اجۡعَلۡنِيۡ مُقِيۡمَ الصَّلٰوةِ وَمِنۡ ذُرِّيَّتِيۡ، رَبَّنَا

In the name of Allāh,
the Most Beneficient, the Most Merciful

Sunday

All Praise is for Allāh, Who has neither begotten a son, nor has He any partner in His Kingdom, nor (needs He) any protector due to weakness. And proclaim much His greatness. (17:111)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ, just as You sent Your Special Mercy upon the family of Ibrāhīm عليه السلام. And send blessings upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent blessings upon the family of Ibrāhīm عليه السلام in all the worlds. Indeed You are Praised, Exalted.

My Rabb, make me one who establishes ṣalāh, and (raise such people from) my offspring as well. Our

وَتَقَبَّلْ دُعَآءِ، رَبَّنَا اغْفِرْ لِيْ وَلِوَالِدَيَّ وَلِلْمُؤْمِنِيْنَ يَوْمَ يَقُوْمُ الْحِسَابُ (إبراهيم ١٤: ٤١-٤٠)

١ أَعُوْذُ بِاللهِ الْعَظِيْمِ، وَبِوَجْهِهِ الْكَرِيْمِ، وَسُلْطَانِهِ الْقَدِيْمِ، مِنَ الشَّيْطَانِ الرَّجِيْمِ (رواه أبو داؤد)

٢ رَضِيْنَا بِاللهِ رَبًّا، وَبِالْإِسْلَامِ دِيْنًا، وَبِمُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا. نَعُوْذُ بِاللهِ مِنْ غَضَبِ اللهِ وَغَضَبِ رَسُوْلِهِ (رواه أحمد)

٣ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ، وَمِنْ شَرِّ مَا لَمْ أَعْمَلْ (رواه مسلم)

Rabb, accept my prayer. Our Rabb, forgive me and my parents and all believers on the Day when the Reckoning will take place. (14:41)

1. I seek refuge in Allāh, the Mighty, and in His noble being and in His eternal sovereignty, from Shayṭān the accursed.[12]

2. We are pleased with Allāh as our Rabb, and with Islām as our religion, and with Muḥammad ﷺ as our Messenger. We seek refuge in Allāh from the anger of Allāh, and the anger of His Messenger ﷺ.

3. O Allāh, I seek refuge in You from the evil of what I have done, and from the evil of what I have not done.

[12] Rasūlullāh ﷺ would pray this whilst entering the Masjid. (Abū Dāwūd)

٤ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ جَارِ السُّوْءِ فِيْ دَارِ الْمُقَامِ (رواه النسائي)

٥ اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ بِحَقِّ السَّائِلِيْنَ عَلَيْكَ، وَأَسْأَلُكَ بِحَقِّ مَمْشَايَ هٰذَا، فَإِنِّيْ لَمْ أَخْرُجْ أَشَرًا وَّلَا بَطَرًا وَّلَا رِيَاءً وَّلَا سُمْعَةً، وَخَرَجْتُ اتِّقَاءَ سُخْطِكَ وَابْتِغَاءَ مَرْضَاتِكَ، فَأَسْأَلُكَ أَنْ تُعِيْذَنِيْ مِنَ النَّارِ، وَأَنْ تَغْفِرَ لِيْ ذُنُوْبِيْ، إِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ إِلَّا أَنْتَ (رواه ابن ماجة)

٦ أَعُوْذُ بِكَلِمَاتِ اللهِ التَّامَّاتِ مِنْ غَضَبِهِ

4. O Allāh, I seek refuge with You from a bad neighbour in any permanent place of residence.

5. O Allāh, I ask You through the right of the beseechers upon You, and through this walking of mine - for I have not set out with arrogance or pride, nor for display or fame; rather, I have set out to safeguard myself from Your displeasure, desiring Your pleasure - I ask You to grant me refuge from the Fire, and to forgive my sins. Indeed, only You can forgive sins.[13]

6. I seek refuge with the complete words of Allāh from His anger, His punishment, and the evil

[13] Rasūlullāh ﷺ would recite this duʿā when leaving his house for ṣalāh. Allāh ﷻ turns his attention towards the reciter when he reads it and seventy thousand angels seek forgiveness for him. (Ibn Mājah)

وَعِقَابِهِ وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِيْنِ وَأَنْ يَّحْضُرُوْنِ (رواه الترمذي)

٧ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوْذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوْذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ (رواه أبو داؤد)

٨ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ (رواه أحمد)

٩ اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْاٰخِرَةِ، اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِيْ

of His servants and from the goadings of the shayāṭīn (devils) and from their even coming near me.[14]

7. O Allāh, I seek refuge with You from distress and grief, and I seek refuge with You from inability and laziness, and I seek refuge with You from cowardliness and miserliness, and I seek refuge with You from overpowering debt and the subjugation of men.

8. O Allāh, I seek refuge with You from the male and female shayāṭīn (devils).[15]

9. O Allāh, I ask You for safety in this world and the Hereafter. O Allāh, I ask You for

[14] If a person experiences a nightmare then he should read this du‘ā. (At-Tirmidhī)

[15] Rasūlullāh ﷺ would recite this du‘ā before entering the lavatory. (Aḥmad)

دِيْنِيْ وَدُنْيَايَ وَأَهْلِيْ وَمَالِيْ، اَللّٰهُمَّ اسْتُرْ عَوْرَاتِيْ وَأٰمِنْ رَّوْعَاتِيْ، اَللّٰهُمَّ احْفَظْنِيْ مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِيْ، وَعَنْ يَّمِيْنِيْ وَعَنْ شِمَالِيْ وَمِنْ فَوْقِيْ، وَأَعُوْذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِيْ (رواه أبو داؤد)

اَللّٰهُمَّ إِنِّيْ أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيْعَ خَلْقِكَ أَنَّكَ أَنْتَ اللّٰهُ، لَا إِلٰهَ إِلَّا أَنْتَ وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُوْلُكَ (رواه أبو داؤد)

O Allāh, I start the day making You and the Bearers of Your Throne and Your Angels and all Your Creation witness that You – and You alone – are Allāh, there is no deity but You, and that Muḥammad ﷺ is Your Servant and Messenger.

Rasūlullāh ﷺ said that whoever prays this in the morning or night (replacing أَصْبَحْتُ with أَمْسَيْتُ) Allāh ﷻ frees a quarter of him from the Fire. Whoever prays it twice Allāh frees half, and whoever prays it thrice Allāh frees three-quarters. And whoever prays it four times Allāh frees him from the Fire.

forgiveness and safety in (regards to) my religion, my worldly life, my family and my wealth. O Allāh, conceal my faults and calm my fears. O Allāh, grant me protection in front of me, behind me, on my right, on my left and above me. And I seek refuge in Your Greatness from being seized unawares from below me.[16]

[16] Rasūlullāh ﷺ would always recite this du'ā in the morning and in the evening. (Abū Dāwūd)

لَا إِلٰهَ إِلَّا اللّٰهُ الْعَظِيمُ الْحَلِيمُ ، لَا إِلٰهَ إِلَّا اللّٰهُ رَبُّ الْعَرْشِ الْعَظِيمِ ، لَا إِلٰهَ إِلَّا اللّٰهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ (رواه البخاري)

There is no deity but Allāh, Most Great, Most Forbearing; there is no deity but Allāh, Rabb of the Mighty Throne; there is no deity but Allāh, Rabb of the Heavens, Rabb of the Earth and Rabb of the Honoured Throne.

Rasūlullāh ﷺ used to pray this at times of fear, distress and grief.

بسم الله الرحمن الرحيم

يوم الإثنين

اَلْحَمْدُ لِلّٰهِ الَّذِيْ لَهٗ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ وَلَهُ الْحَمْدُ فِي الْاٰخِرَةِ، وَهُوَ الْحَكِيْمُ الْخَبِيْرُ (سبأ ٣٤:١)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدِنِ النَّبِيِّ، وَأَزْوَاجِهِ أُمَّهَاتِ الْمُؤْمِنِيْنَ، وَذُرِّيَّتِهِ وَأَهْلِ بَيْتِهِ، كَمَا صَلَّيْتَ عَلٰى اٰلِ إِبْرَاهِيْمَ، إِنَّكَ حَمِيْدٌ مَّجِيْدٌ (رواه أبو داؤد)

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلَّذِيْنَ كَفَرُوْا وَاغْفِرْ لَنَا رَبَّنَا، إِنَّكَ أَنْتَ الْعَزِيْزُ الْحَكِيْمُ (الممتحنة ٦٠:٥)

In the name of Allāh,
the Most Beneficient, the Most Merciful

Monday

All Praise is for Allāh, to Whom belongs all that is in the heavens and all that is on the earth; and for Him is all Praise in the Hereafter, and He is the All-Wise, the All-Aware. (34:1)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ, the Messenger, and upon his wives, the mothers of the believers, and upon his progeny and his household, just as You sent Your Special Mercy upon the family of Ibrāhīm عليه السلام. Indeed You are Praised, Exalted.

Our Rabb, do not make us a trial for those who disbelieve. And forgive us, our Rabb; You - and You alone - are the All-Mighty, the All-Wise. (60:5)

١ اَللّٰهُمَّ رَبَّ السَّمَاوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيْمِ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَالنَّوٰى، وَمُنْزِلَ التَّوْرَاةِ وَالْإِنْجِيْلِ وَالْفُرْقَانِ، أَعُوْذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ اٰخِذٌ بِنَاصِيَتِهِ، اَللّٰهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الْاٰخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُوْنَكَ شَيْءٌ، اِقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ (رواه مسلم)

٢ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ، وَالْهَرَمِ وَعَذَابِ الْقَبْرِ،

1. O Allāh, Rabb of the Heavens, the Earth and the Mighty Throne; our Rabb and the Rabb of everything; the One who splits the grain and the date stone; the Sender of the Tawrāh, Injīl and Furqān (Al-Qur’ān): I seek refuge with You from the evil of everything You control. O Allāh, You are the First: there was nothing before You. And You are the Last: there is nothing after You. And You are the Manifest: there is nothing more (manifest) than You. And You are the Hidden: there is nothing more (hidden) than You. Settle our debts on our behalf and suffice us against poverty.

2. O Allāh, I seek refuge with You from inability, laziness, cowardliness, miserliness, the incapacities of old age and from the punishment of the grave. O Allāh, grant taqwā to my nafs

اَللّٰهُمَّ آتِ نَفْسِي تَقْوَاهَا، وَزَكِّهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا، أَنْتَ وَلِيُّهَا وَمَوْلَاهَا، اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ عِلْمٍ لَّا يَنْفَعُ، وَمِنْ قَلْبٍ لَّا يَخْشَعُ، وَمِنْ نَّفْسٍ لَّا تَشْبَعُ، وَمِنْ دَعْوَةٍ لَّا يُسْتَجَابُ لَهَا (رواه مسلم)

٣ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ ضِيْقِ الدُّنْيَا وَضِيْقِ يَوْمِ الْقِيَامَةِ (رواه أبو داؤد)

٤ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الشُّحِّ، وَالْجُبْنِ، وَفِتْنَةِ الصَّدْرِ وَعَذَابِ الْقَبْرِ (رواه النسائي)

and purify it; You are the Best Purifier and You are its Guardian and Master. O Allāh, I seek refuge with You from knowledge that does not benefit (me), a heart that is not submissive, a nafs that is never satiated and a prayer that is not accepted.

3. O Allāh, I seek refuge with You from the anguish of the world and the anguish of the Day of Judgement.[17]

4. O Allāh, I seek refuge with You from extreme miserliness, cowardliness, the trials of the heart and the punishment of the grave.

[17] When a strong wind would blow during the night, Rasūlullāh ﷺ would say ‘Allāhu Akbar’ ten times, ‘Alḥamdulillāh’ ten times, ‘Subḥānallāhi wa biḥamdihī’ ten times, ‘Subḥānal Malikil Quddūs’ ten times, ‘Astaghfirullāh’ ten times, ‘Lā ilāha illallāh’ ten times, and thereafter he would recite this du‘ā ten times and engage in ṣalāh. (Abū Dāwūd)

٥ أَعُوذُ بِوَجْهِ اللهِ الْكَرِيمِ، وَبِكَلِمَاتِ اللهِ التَّامَّاتِ اللَّاتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَّلَا فَاجِرٌ، مِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَشَرِّ مَا ذَرَأَ فِي الْأَرْضِ، وَشَرِّ مَا يَخْرُجُ مِنْهَا، وَمِنْ فِتَنِ اللَّيْلِ وَالنَّهَارِ، وَمِنْ طَوَارِقِ اللَّيْلِ وَالنَّهَارِ، إِلَّا طَارِقًا يَّطْرُقُ بِخَيْرٍ، يَا رَحْمٰنُ (رواه مالك)

٦ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوْءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

(رواه البخاري)

5. I seek refuge in the noble being of Allāh and with the complete words of Allāh, (the knowledge of) which no righteous person or transgressor can surpass, from the evil of what descends from the sky and the evil of what ascends in it, and the evil of what He has spread in the earth and what emerges from it, and from the trials of the night and the day, and from comers by night and day, except for the nocturnal visitor who brings good. O the Most Beneficent.

6. O Allāh, I seek refuge with You from the pains of affliction, being overtaken by wretchedness, ill-fate and the gloating of enemies.

٧ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيْعِ سَخَطِكَ (رواه مسلم)

٨ أَسْتَعِيْذُ بِاللّٰهِ مِنْ طَمَعٍ يَّهْدِيْ إِلٰى طَبَعٍ، وَمِنْ طَمَعٍ يَّهْدِيْ إِلٰى غَيْرِ مَطْمَعٍ، وَمِنْ طَمَعٍ حَيْثُ لَا طَمَعَ (رواه أحمد)

٩ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ أَنْ أَمُوْتَ غَمًّا أَوْ هَمًّا، أَوْ أَنْ أَمُوْتَ غَرَقًا، أَوْ أَنْ يَّتَخَبَّطَنِيَ الشَّيْطَانُ عِنْدَ الْمَوْتِ، أَوْ أَنْ أَمُوْتَ لَدِيْغًا (رواه أحمد)

7. O Allāh, I seek refuge with You from the cessation of Your favour, any change in the safety you provide me, Your sudden wrath and every form of Your displeasure.

8. O Allāh, I seek refuge with You from greed which drives (me) to disgrace, and from greed which drives (me) to fallacious hope, and from greed where there is no temptation.

9. O Allāh, I seek refuge with You from dying in sorrow or distress, or dying from drowning, or from Shayṭān confounding me at the time of death, or from dying from a poisonous bite.

١٠ اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَالْعَزِيْمَةَ عَلَى الرُّشْدِ، وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ وَحُسْنَ عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيْمًا وَّلِسَانًا صَادِقًا، وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَأَعُوْذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ (رواه النسائي)

بِسْمِ اللهِ الَّذِيْ لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيْعُ الْعَلِيْمُ (رواه أبو داؤد)

In the name of Allāh, with Whose name nothing in the earth or in the sky can do any harm. And He is the All-Hearing, All-Knowing.

Rasūlullāh ﷺ said that whoever prays this 3 times in the morning and 3 times at night will be protected from sudden calamities and all harm.

10. O Allāh, I ask You for steadfastness on Dīn and determination upon righteousness. And I ask You for (the ability to show) gratitude upon Your favours and excellence in Your worship. And I ask You for a sound heart and a truthful tongue. And I ask You for the good that you are aware of and I seek refuge with You from the evil that You are aware of. And I seek Your forgiveness for what You are aware of (i.e. my sins).

لَا إِلٰهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِيْ وَيُمِيْتُ، وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ

(رواه الترمذي)

There is no deity but Allāh alone. He has no partner. His is the Sovereignty and for Him is all praise. He gives life and gives death, and He has power over everything.

Whoever recites this 100 times in the day will receive the reward of freeing 10 slaves, 100 rewards will be written for him and 100 sins wiped away, and he will have protection from Shayṭān for the remainder of the day.

بسم الله الرحمن الرحيم

يوم الثلاثاء

اَلْحَمْدُ لِلّٰهِ فَاطِرِ السَّمٰوٰتِ وَالْأَرْضِ جَاعِلِ الْمَلٰٓئِكَةِ رُسُلًا أُولِيٓ أَجْنِحَةٍ مَّثْنٰى وَثُلٰثَ وَرُبٰعَ، يَزِيْدُ فِي الْخَلْقِ مَا يَشَآءُ، إِنَّ اللّٰهَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ (فاطر ٣٥:١)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ عَبْدِكَ وَرَسُوْلِكَ، كَمَا صَلَّيْتَ عَلٰى إِبْرَاهِيْمَ، وَبَارِكْ عَلٰى مُحَمَّدٍ وَّاٰلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلٰى إِبْرَاهِيْمَ (رواه النسائي)

In the name of Allāh,
the Most Beneficient, the Most Merciful

Tuesday

All Praise is for Allāh, the Originator of the Heavens and the Earth, Who appoints the angels as messengers having wings: twos, threes and fours. He adds to the creation what He wills. Indeed, Allāh has power over everything. (35:1)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ, who is Your Servant and Your Messenger, just as You sent Your Special Mercy upon Ibrāhīm ﷺ. And send blessings upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent blessings upon Ibrāhīm ﷺ.

رَبَّنَآ أَتْمِمْ لَنَا نُورَنَا وَاغْفِرْ لَنَا، إِنَّكَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ (التحريم ٦٦:٨)

١ اَللّٰهُمَّ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، لَا إِلٰهَ إِلَّا أَنْتَ، رَبَّ كُلِّ شَيْءٍ وَّمَلِيْكَهُ، أَعُوْذُ بِكَ مِنْ شَرِّ نَفْسِيْ، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ عَلٰى نَفْسِيْ سُوْءًا أَوْ أَجُرَّهُ إِلٰى مُسْلِمٍ (رواه الترمذي)

٢ اَللّٰهُمَّ إِنَّا نَجْعَلُكَ فِيْ نُحُوْرِهِمْ، وَنَعُوْذُ بِكَ مِنْ شُرُوْرِهِمْ (رواه أبو داؤد)

Our Rabb, preserve for us our light, and forgive us. Indeed, You have power over everything (66:8)

1. O Allāh, Originator of the Heavens and the Earth, Knower of the Unseen and the Seen - there is no deity but You - Rabb and (absolute) Sovereign of everything, I seek refuge with You from the evil of my nafs, from the evil of Shayṭān and his (calling towards) polytheism, and from my perpetrating any wrong upon my self or my conveying that wrong to any Muslim.[18]

2. O Allāh, we place You in front of them (the enemy) and we seek refuge with You from their evils.[19]

[18] Rasūlullāh ﷺ instructed that this du‘ā be read every morning and evening. (At-Tirmidhī)

[19] Rasūlullāh ﷺ would read this du‘ā when he would fear evil from people. (Abū Dāwūd)

٣ اَللّٰهُمَّ أَنْتَ رَبِّيْ لَا إِلٰهَ إِلَّا أَنْتَ، خَلَقْتَنِيْ، وَأَنَا عَبْدُكَ، وَأَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوْءُ لَكَ بِذَنْبِيْ، فَاغْفِرْ لِيْ فَإِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ إِلَّا أَنْتَ (رواه البخاري)

٤ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْجُنُوْنِ وَالْجُذَامِ، وَالْبَرَصِ وَسَيِّئِ الْأَسْقَامِ (رواه النسائي)

٥ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْهَدْمِ، وَأَعُوْذُ بِكَ مِنَ التَّرَدِّيْ، وَأَعُوْذُ بِكَ مِنَ الْغَرَقِ وَالْحَرَقِ

3. O Allāh, You are my Rabb, there is no deity but You. You created me and I am Your bondsman, and as far as I am able I abide by my solemn promise and covenant (to be obedient) to You. I seek refuge with You from the evil consequences of my actions, I fully acknowledge the favours that You have bestowed upon me, and I confess all my faults. Forgive me, for no one forgives sins but You.[20]

4. O Allāh, I seek refuge with You from insanity, all forms of leprosy and from the worst of illnesses.

5. O Allāh, I seek refuge with You from a structure collapsing on me, and I seek refuge

[20] This is the most comprehensive formula with which repentance can be sought. It has been named ‘Sayyid-al-Istighfār’ in the ḥādīth. Rasūlullāh ﷺ said, “Whoever reads this du‘ā with conviction in the morning and dies before the night will be from the people of Jannah, and whoever reads it with conviction at night/after sunset and dies before the morning will be from the people of Jannah.” (Al-Bukhārī)

وَالْهَرَمِ، وَأَعُوذُ بِكَ أَنْ يَتَخَبَّطَنِي الشَّيْطَانُ عِنْدَ الْمَوْتِ، وَأَعُوذُ بِكَ أَنْ أَمُوتَ فِي سَبِيلِكَ مُدْبِرًا، وَأَعُوذُ بِكَ أَنْ أَمُوتَ لَدِيغًا (رواه أبو داؤد)

٦ اَللّٰهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ (رواه البخاري)

٧ اَللّٰهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ شَيَاطِينِ الْجِنِّ وَالْإِنْسِ (رواه النسائي)

٨ اَللّٰهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ قَوْلٍ لَّا يُسْمَعُ،

with You from plummeting (from heights or to depths), and I seek refuge with You from drowning, burning and the incapacities of old age. And I seek refuge with You from Shayṭān confounding me at the time of death. And I seek refuge with You from dying in Your cause in the state of fleeing. And I seek refuge with You from dying from a poisonous bite.

6. O Allāh, I seek refuge with You from distress and grief, inability and laziness, cowardliness and miserliness, overburdening debt and the subjugation of men.[21]

7. O Allāh, I seek refuge with You from the evil of shayāṭīn (devils) among the jinn and humans.

8. O Allāh, I seek refuge with You from a du‘ā that is not heard, a deed that is not accepted,

[21] Rasūlullāh ﷺ would teach this du‘ā for the relief of distress and debt. (Abū Dāwūd)

وَعَمَلٍ لَّا يُرْفَعُ، وَقَلْبٍ لَّا يَخْشَعُ، وَعِلْمٍ لَّا يَنْفَعُ

(رواه أحمد)

٩ اَللّٰهُمَّ أَصْلِحْ لِيْ دِيْنِيَ الَّذِيْ جَعَلْتَهُ لِيْ عِصْمَةً، وَأَصْلِحْ لِيْ دُنْيَايَ الَّتِيْ جَعَلْتَ فِيْهَا مَعَاشِيْ، اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِرِضَاكَ مِنْ سَخَطِكَ، وَأَعُوْذُ بِعَفْوِكَ مِنْ نِقْمَتِكَ، وَأَعُوْذُ بِكَ مِنْكَ، لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ (رواه النسائي)

حَسْبِيَ اللّٰهُ وَنِعْمَ الْوَكِيْلُ (رواه أبو داؤد)

Allāh is sufficient for me, and He is the best One in Whom to trust.

Rasūlullāh ﷺ advised that this should be said when overcome in any matter.

a heart that is not submissive and knowledge that does not benefit.

9. O Allāh, set right for me my Dīn which You have made a protection for me, and set right for me my world in which You have kept my livelihood. O Allāh, I seek refuge in Your pleasure from Your displeasure. And I seek refuge in Your pardon from Your wrath. And I seek refuge with You from You. No one can withold what You have given, and no one can give what You have witheld. And affluence will not save the affluent from You.



O Allāh, protect me from the Fire.

Rasūlullāh ﷺ said that someone who prays this 7 times after Maghrib Ṣalāh then passes away that night, or prays it 7 times after Fajr Ṣalāh then passes away that day, he will be granted protection from the Fire.

بسم الله الرحمن الرحيم

يوم الأربعاء

فَلِلّٰهِ الْحَمْدُ رَبِّ السَّمٰوٰتِ وَرَبِّ الْأَرْضِ رَبِّ الْعٰلَمِيْنَ، وَلَهُ الْكِبْرِيَآءُ فِي السَّمٰوٰتِ وَالْأَرْضِ، وَهُوَ الْعَزِيْزُ الْحَكِيْمُ (الجاثية ٤٥:٣٧-٣٦)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا صَلَّيْتَ عَلٰى إِبْرَاهِيْمَ، وَبَارِكْ عَلٰى مُحَمَّدٍ وَّأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلٰى اٰلِ إِبْرَاهِيْمَ فِي الْعَالَمِيْنَ، إِنَّكَ حَمِيْدٌ مَّجِيْدٌ (رواه ابن ماجة)

In the name of Allāh,
the Most Beneficient, the Most Merciful

Wednesday

So, all Praise is for Allāh, Cherisher of the Heavens, Cherisher of the Earth and Cherisher of all the Worlds. And to Him belongs Majesty in the heavens and the earth. And He is the All-Mighty, the All-Wise. (45:36-37)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon his wives and progeny, just as You sent Your Special Mercy upon Ibrāhīm عليه السلام. And send blessings upon Muḥammad ﷺ and upon his wives and progeny, just as You sent blessings upon the family of Ibrāhīm عليه السلام in all the worlds. Indeed You are Praised, Exalted.

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِيْٓ أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانْصُرْنَا عَلَى الْقَوْمِ الْكٰفِرِيْنَ (آل عمرٰن ٣:١٤٧)

١ اَللّٰهُمَّ لَكَ الْحَمْدُ كَالَّذِي تَقُوْلُ، وَخَيْرًا مِّمَّا نَقُوْلُ، اَللّٰهُمَّ لَكَ صَلَاتِيْ وَنُسُكِيْ، وَمَحْيَايَ وَمَمَاتِيْ، وَإِلَيْكَ مَآبِيْ، وَلَكَ رَبِّ تُرَاثِيْ، اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَوَسْوَسَةِ الصَّدْرِ، وَشَتَاتِ الْأَمْرِ، اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ شَرِّ مَا تَجِيْءُ بِهِ الرِّيْحُ (رواه الترمذي)

٢ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْبُخْلِ، وَأَعُوْذُ بِكَ مِنَ الْجُبْنِ، وَأَعُوْذُ بِكَ أَنْ أُرَدَّ إِلٰى أَرْذَلِ الْعُمُرِ،

Our Rabb, forgive us our sins and our excesses in our conduct, make firm our feet, and help us against the disbelieving people. (3:147)

1. O Allāh, all Praise is for You alone, just as You say and better than (any praise) we (can) say. O Allāh, my prayer, my offering, my life and my death are only for You, and only to You is my return and only for You, my Rabb, is my wealth. O Allāh, I seek refuge with You from the punishment of the grave and the (inappropriate) whispers of the heart and from my affairs being in disarray. O Allāh, I seek refuge with You from the evil of what the wind brings.[22]

2. O Allāh, I seek refuge with You from miserliness. And I seek refuge with You from cowardliness. And I seek refuge with You from

[22] Rasūlullāh ﷺ recited this du‘ā in abundance on the evening of the day of ‘Arafah. (At-Tirmidhī)

وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ (رواه البخاري)

٣ اَللّٰهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي، وَعَلِّمْنِي مَا يَنْفَعُنِي، وَزِدْنِي عِلْمًا، اَلْحَمْدُ لِلّٰهِ عَلٰى كُلِّ حَالٍ، وَأَعُوذُ بِاللّٰهِ مِنْ حَالِ أَهْلِ النَّارِ (رواه الترمذي)

٤ يَا أَرْضُ، رَبِّي وَرَبُّكِ اللّٰهُ، أَعُوذُ بِاللّٰهِ مِنْ شَرِّكِ، وَشَرِّ مَا فِيكِ، وَشَرِّ مَا خُلِقَ فِيكِ، وَمِنْ شَرِّ مَا يَدِبُّ عَلَيْكِ، وَأَعُوذُ بِاللّٰهِ مِنْ أَسَدٍ وَّأَسْوَدَ، وَمِنَ الْحَيَّةِ وَالْعَقْرَبِ، وَمِنْ سَاكِنِي الْبَلَدِ، وَمِنْ وَّالِدٍ وَّمَا وَلَدَ (رواه أبو داؤد)

being reverted to abject old age. And I seek refuge with You from the (greatest) trial of the world (the trial of Dajjāl). And I seek refuge with You from the punishment of the grave.

3. O Allāh, benefit me through the knowledge You have taught me, and teach me what will benefit me, and increase me in knowledge. All praise is for Allāh in all circumstances. And I seek refuge with Allāh from the condition of the dwellers of the Fire.

4. O Earth, my Rabb and your Rabb is Allāh. I seek refuge with Allāh from your evil, the evil of what is inside you, the evil of those (creatures) that have been created within you and from the evil of those (creatures) that walk upon you. And I seek refuge with Allāh from the lion, the black viper, every (type of) snake, the scorpion and from the dwellers of the earth and from every creature that has offspring and from what it gives birth to.

٥ اَللّٰهُمَّ أَلْهِمْنِي رُشْدِي، وَأَعِذْنِي مِنْ شَرِّ نَفْسِي (رواه الترمذي)

٦ اَللّٰهُمَّ اغْفِرْ لِي وَاهْدِنِي، وَارْزُقْنِي وَعَافِنِي، أَعُوْذُ بِاللهِ مِنْ ضِيْقِ الْمَقَامِ يَوْمَ الْقِيَامَةِ (رواه النسائي)

٧ أَعُوْذُ بِكَلِمَاتِ اللهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَّهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَّامَّةٍ (رواه البخاري)

٨ أَعُوْذُ بِاللهِ مِنَ الْكُفْرِ وَالدَّيْنِ (رواه النسائي)

٩ أَعُوْذُ بِاللهِ مِنْ كُفْرَانِ اللهِ (رواه أحمد)

5. O Allāh, inspire me with correct guidance and give me refuge from the evil of my nafs.

6. O Allāh, forgive me, guide me and grant me sustenance and safety. I seek refuge with Allāh from an agonising plight on the Day of Judgement.

7. I seek refuge with the complete words of Allāh from every shayṭān (whether human or jinn) and vermin, and from every evil eye.[23]

8. I seek refuge with Allāh from disbelief and debt.

9. I seek refuge with Allāh from ingratitude to Allāh.

[23] Rasūlullāh ﷺ would seek Allāh's ﷻ refuge for his two grandsons Al-Ḥasan and Al-Ḥusayn ؓ and would say, "Your grandfather (Ibrāhīm ؑ) would read these words to seek Allāh's ﷻ refuge for Ismā‘īl and Isḥāq ؑ."(Al-Bukhārī)

١٠ اَللّٰهُمَّ بِعِلْمِكَ الْغَيْبَ، وَقُدْرَتِكَ عَلَى الْخَلْقِ، أَحْيِنِي مَا عَلِمْتَ الْحَيَاةَ خَيْرًا لِّي، وَتَوَفَّنِي إِذَا عَلِمْتَ الْوَفَاةَ خَيْرًا لِّي، وَأَسْأَلُكَ خَشْيَتَكَ فِي الْغَيْبِ وَالشَّهَادَةِ، وَكَلِمَةَ الْإِخْلَاصِ فِي الرِّضَا وَالْغَضَبِ، وَأَسْأَلُكَ نَعِيمًا لَّا يَنْفَدُ، وَقُرَّةَ عَيْنٍ لَّا تَنْقَطِعُ، وَأَسْأَلُكَ الرِّضَا بِالْقَضَاءِ، وَبَرْدَ الْعَيْشِ بَعْدَ الْمَوْتِ، وَلَذَّةَ النَّظَرِ إِلٰى وَجْهِكَ، وَالشَّوْقَ إِلٰى لِقَائِكَ، وَأَعُوْذُ بِكَ مِنْ ضَرَّاءَ مُضِرَّةٍ وَّفِتْنَةٍ مُّضِلَّةٍ، اَللّٰهُمَّ زَيِّنَّا بِزِينَةِ الْإِيْمَانِ، وَاجْعَلْنَا هُدَاةً مُّهْتَدِيْنَ (رواه النسائي)

10. O Allāh, through Your knowledge of the Unseen and Your power over the creation, grant me life for as long as You know life to be good for me, and grant me death when You know death to be good for me. And I ask of You that I may fear You when alone and in public and that I may speak the truth in contentment and anger. And I ask You for the never-ending bounty (i.e. Paradise) and perpetual delight. And I ask You for contentment with Divine Decree and the delight of life after death and the bliss of seeing Your Countenance and a longing to meet You. And I seek refuge in You from unbearable distress, and trials that lead astray. O Allāh, adorn us with the adornment of Faith and make us guides, rightly guided.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ (رواه الترمذي)

O the Living, O the Sustainer (of all), through Your Mercy I seek help.

Whenever a matter distressed Rasūlullāh ﷺ he would pray this.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

يوم الخميس

فَسُبْحٰنَ اللّٰهِ حِيْنَ تُمْسُوْنَ وَحِيْنَ تُصْبِحُوْنَ، وَلَهُ الْحَمْدُ فِي السَّمٰوٰتِ وَالْأَرْضِ وَعَشِيًّا وَّحِيْنَ تُظْهِرُوْنَ (الروم ٣٠:١٨-١٧)

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدِنِ النَّبِيِّ الْأُمِّيِّ وَعَلٰى اٰلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلٰى إِبْرَاهِيْمَ وَاٰلِ إِبْرَاهِيْمَ، وَبَارِكْ عَلٰى مُحَمَّدِنِ النَّبِيِّ الْأُمِّيِّ، كَمَا بَارَكْتَ عَلٰى إِبْرَاهِيْمَ وَعَلٰى اٰلِ إِبْرَاهِيْمَ، إِنَّكَ حَمِيْدٌ مَّجِيْدٌ (رواه أحمد)

In the name of Allāh,
the Most Beneficient, the Most Merciful

Thursday

So, proclaim Allāh‘s purity (from any imperfection) when you enter the evening and when you enter the morning - and for Him is all praise in the heavens and the earth - and in the late afternoon and when you enter the time of Ẓuhr. (30:17-18)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ, the Unlettered Prophet, and upon the family of Muḥammad ﷺ, just as You sent Your Special Mercy upon Ibrāhīm عليه السلام and the family of Ibrāhīm عليه السلام. And send blessings upon Muḥammad ﷺ, the Unlettered Prophet, just as You sent blessings on Ibrāhīm عليه السلام, and upon the family of Ibrāhīm عليه السلام. Indeed, You are Praised, Exalted.

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ، وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِّلَّذِينَ آمَنُوا
رَبَّنَا إِنَّكَ رَءُوفٌ رَّحِيمٌ (الحشر ٥٩:١٠)

١ اَللّٰهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ، وَعَلَيْكَ
تَوَكَّلْتُ، وَإِلَيْكَ أَنَبْتُ، وَبِكَ خَاصَمْتُ، اَللّٰهُمَّ
إِنِّيْ أَعُوْذُ بِعِزَّتِكَ، لَا إِلٰهَ إِلَّا أَنْتَ، أَنْ تُضِلَّنِيْ،
أَنْتَ الْحَيُّ الَّذِيْ لَا يَمُوْتُ، وَالْجِنُّ وَالْإِنْسُ
يَمُوْتُوْنَ (رواه مسلم)

٢ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِوَجْهِكَ الْكَرِيْمِ،
وَكَلِمَاتِكَ التَّامَّةِ، مِنْ شَرِّ مَا أَنْتَ آخِذٌ ۢ

Our Rabb, forgive us and our brothers who preceded us in Faith, and do not place in our hearts any rancour against those who believe. Our Rabb, indeed You are Most-Kind, Most-Merciful. (59:10)

1. O Allāh, to You alone do I submit, and in You have I brought faith, and in You alone do I place my trust, and to You alone do I turn in repentance, and with Your help alone do I contend (with the wrongdoers). O Allāh, I seek refuge in Your greatness – there is no deity but You – from Your leading me astray. You are the Living Who will never die, whilst jinn and men will die.

2. O Allāh, I seek refuge in Your noble being and Your complete words from the evil of everything You control. O Allāh, it is only

بِنَاصِيَتِهِ، اَللّٰهُمَّ أَنْتَ تَكْشِفُ الْمَغْرَمَ وَالْمَأْثَمَ، اَللّٰهُمَّ لَا يُهْزَمُ جُنْدُكَ، وَلَا يُخْلَفُ وَعْدُكَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ، سُبْحَانَكَ وَبِحَمْدِكَ (رواه أبو داؤد)

٣ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ وَّعْثَاءِ السَّفَرِ، وَكَآبَةِ الْمُنْقَلَبِ، وَالْحَوْرِ بَعْدَ الْكَوْرِ، وَدَعْوَةِ الْمَظْلُوْمِ، وَسُوْءِ الْمَنْظَرِ فِي الْأَهْلِ وَالْمَالِ وَالْوَلَدِ

(رواه النسائي)

٤ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَعَذَابِ الْقَبْرِ (رواه النسائي)

You Who removes debt and sin. O Allāh, Your army cannot be defeated, and Your promise cannot be broken, and affluence will not avail the affluent against You. You are pure from all imperfections and for You is all praise.[24]

3. O Allāh, I seek refuge with You from the difficulties of travel, a distressing return, a bad state of affairs after a good state, the curse of the oppressed and from returning to see my spouse, wealth or children in a bad state.[25]

4. O Allāh, I seek refuge with You from disbelief, poverty and the punishment of the grave.

[24] Rasūlullāh ﷺ would read this du‘ā before retiring to bed. (Abū Dāwūd)

[25] Rasūlullāh ﷺ would read this du‘ā when setting out on a journey. (An-Nasā’ī)

٥ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ مُّنْكَرَاتِ الْأَخْلَاقِ، وَالْأَعْمَالِ وَالْأَهْوَاءِ (رواه الترمذي)

٦ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ، وَأَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوْذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ (رواه البخاري)

٧ اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ، وَغَلَبَةِ الْعَدُوِّ، وَشَمَاتَةِ الْأَعْدَاءِ (رواه النسائي)

٨ أَعُوْذُ بِاللّٰهِ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوْذُ بِاللّٰهِ مِنْ عَذَابِ النَّارِ، وَأَعُوْذُ بِاللّٰهِ مِنَ الْفِتَنِ، مَا ظَهَرَ مِنْهَا

5. O Allāh, I seek refuge with You from detestable character, deeds and desires.

6. O Allāh, I seek refuge with You from inability, laziness, cowardliness, miserliness and the incapacities of old age. And I seek refuge with You from the punishment of the grave. And I seek refuge with You from the trials of life and death.

7. O Allāh, I seek refuge with You from overpowering debt, overpowering enemies and the gloating of enemies.

8. I seek refuge with Allāh from the punishment of the grave, and I seek refuge with Allāh from the punishment of the Fire and I seek refuge with Allāh from all tribulations: those that are

وَمَا بَطَنَ، وَأَعُوذُ بِاللهِ مِنْ فِتْنَةِ الْأَعْوَرِ الْكَذَّابِ

(رواه أحمد)

٩ اَللّٰهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ أَنْ نُّشْرِكَ بِكَ شَيْئًا نَّعْلَمُهُ، وَنَسْتَغْفِرُكَ لِمَا لَا نَعْلَمُ (رواه أحمد)

١٠ اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ، عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، وَأَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ، عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ، اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ الْجَنَّةَ، وَمَا

apparent and those that are hidden. And I seek refuge with Allāh from the trial of the Great Liar, who will be one-eyed.

9. O Allāh, we seek refuge with You from associating anything with You knowingly, and we seek Your forgiveness from doing so unknowingly.[26]

10. O Allāh, I ask You for every good, of the present and of the future, that of which I know and that of which I do not know. And I seek refuge with You from every evil, of the present and of the future, that of which I know and that of which I do not know. O Allāh, I ask You for all the good that Your Servant and Messenger ﷺ asked You for, and I seek refuge with You from all the evils that Your Servant and Messenger ﷺ sought refuge from. O Allāh, I ask You for Jannah and every word and action that takes

[26] Rasūlullāh ﷺ taught this du'ā for protection from riyā (ostentation).

قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَعُوذُ بِكَ مِنَ النَّارِ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا (رواه ابن ماجة)

سُبْحَانَ اللهِ وَبِحَمْدِهِ، لَا قُوَّةَ إِلَّا بِاللهِ، مَا شَاءَ اللهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ، أَعْلَمُ أَنَّ اللهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَّأَنَّ اللهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا

(رواه أبو داؤد)

Pure is Allāh from any imperfection and for Him is all praise. There is no power (to do good deeds) except with the help of Allāh. What Allāh wills happens, and what He does not will does not. I know that Allāh has power over everything and that Allāh's knowledge encompasses everything.

Whoever prays this in the morning will be protected until night, and whoever prays it at night will be protected until morning.

(one) near to it. And I seek refuge with You from the Fire and every word and action that takes (one) near to it. And I ask You to make every decision You have made for me good.[27]

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[27] Rasūlullāh ﷺ said to ‘Ā’ishah رضي الله عنها, “O ‘Ā’ishah, hold fast to the most comprehensive du‘ās.” He then taught her the above du‘ā. Mullā ‘Alī Al-Qārī رحمه الله has stated the above to be the most comprehensive du‘ā. (Mirqāt-al-Mafātīḥ)

اَللّٰهُمَّ رَحْمَتَكَ أَرْجُوْ، فَلَا تَكِلْنِيْ إِلٰى نَفْسِيْ طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، لَا إِلٰهَ إِلَّا أَنْتَ

(رواه أبو داؤد)

O Allāh, I hope for Your Mercy, so do not leave me to myself even for the blink of an eye, and correct all my affairs. There is no deity but You.

Rasūlullāh ﷺ called these words the Supplications of the Afflicted.

الخاتمة

رَبَّنَآ اٰتِنَا فِي الدُّنْيَا حَسَنَةً وَّفِي الْاٰخِرَةِ حَسَنَةً وَّقِنَا عَذَابَ النَّارِ (البقرة ٢:٢٠١)

رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيْعُ الْعَلِيْمُ (البقرة ٢: ١٢٧)

وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيْمُ (البقرة ٢: ١٢٨)

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرّٰحِمِيْنَ (المؤمنون ٢٣: ١١٨)

Concluding Du‘ās

Our Rabb, give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. (2:201)[28]

Our Rabb, accept (this) from us. Indeed, You - and You alone - are the All-Hearing, the All-Knowing. (2:127)

And accept our repentance. Indeed, You - and You alone - are the Ever-Relenting, Most-Merciful. (2:128)

My Rabb, forgive and have mercy; You are the best of the merciful. (23:118)

[28] Rasūlullāh ﷺ would recite this du‘ā the most. (Al-Bukhārī) This du‘ā encompasses all the blessings of this world and the Hereafter, including safety and refuge from the Fire of Jahannam. (‘Umdah-Al-Qārī)

سُبۡحَٰنَ رَبِّكَ رَبِّ ٱلۡعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَٰمٌ عَلَى ٱلۡمُرۡسَلِينَ، وَٱلۡحَمۡدُ لِلَّهِ رَبِّ ٱلۡعَٰلَمِينَ (الصافات ٣٧:١٨٢ – ١٨٠)

وَآخِرُ دَعۡوَانَا أَنِ ٱلۡحَمۡدُ لِلَّهِ رَبِّ ٱلۡعَالَمِينَ

بِرَحۡمَتِكَ يَا أَرۡحَمَ ٱلرَّاحِمِينَ، آمِين .

حَسۡبِيَ ٱللَّهُ، لَآ إِلَٰهَ إِلَّا هُوَ، عَلَيۡهِ تَوَكَّلۡتُ وَهُوَ رَبُّ ٱلۡعَرۡشِ ٱلۡعَظِيمِ (التوبة ٩:١٢٩، رواه أبو داؤد)

Allāh is sufficient for me. There is no deity but Him. Upon Him only do I rely and He is the Rabb of the Mighty Throne.

Whoever prays this 7 times in the morning and night, Allāh ﷻ will suffice him for whatever troubles he may have that day.

Pure is your Rabb, the Rabb of all Might and Honour, from what they attribute (to Him). And peace be upon the Messengers, and all praise be to Allāh, the Cherisher of all the worlds. (37:180-2)[29]

And the close of our prayer is, “All Praise be to Allāh, the Cherisher of all the worlds.”[30]

Through Your Mercy (accept our prayer), O the Most Merciful of the merciful. Āmīn.

[29] It is better to include these three verses at the end of du‘ā. (Tafsīr-al-Qurṭubī)

[30] It is mustaḥabb to recite this at the end of du‘ā. (Tafsīr-al-Qurṭubī)

سُبْحَانَ اللهِ وَبِحَمْدِهِ سُبْحَانَ اللهِ الْعَظِيمِ

(رواه البخاري)

I glorify Allāh and I praise Him; I glorify Allāh the Great.

Read in abundance. These words are beloved to Allāh ﷻ, so the reader will become beloved to Him too. They are light on the tongue, yet weighty in the scales on the Day of Judgement.